**GRAND PRIX EXPRESS**

**NORTH WALES CROSS COUNTRY LEAGUE**

**(supported by Welsh Athletics Ltd)**

**at Treborth Playing Fields, Bangor Saturday, October 5th 2013**

**SENIOR MEN**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | M Roberts |  | Eryri | 31m | 37s |
| 2 | J Wignall |  | Bangor U |  | 41s |
| 3 | I Haworth |  | Shrewsbury |  | 53s |
| 4 | J Evans |  | Eryri |  | 58s |
| 5 | P Jones | M40 | Oswestry | 32m | 10s |
| 6 | C Rowlinson |  | Bangor U |  | 28s |
| 7 | L Jones | M40 | Deeside |  | 40s |
| 8 | D Kashi |  | Banor U |  | 51s |
| 9 | I Richards |  | Meirionnydd | 33m | 03s |
| 10 | W Dashper |  | Telford |  | 36s |
| 11 | P Butler |  | Oswestry |  | 37s |
| 12 | R Hughes |  | Telford |  | 37s |
| 13 | A Walling | M40 | Menai |  | 46s |
| 14 | J Brown | M40 | Buckley |  | 50s |
| 15 | A Sudlow |  | Tattenhall |  | 56s |
| 16 | A Bromley |  | Deeside | 34m | 12s |
| 17 | D Lemon |  | Deeside |  | 18s |
| 18 | D Alexander | M40 | W. Cheshire |  | 19s |
| 19 | P Taylor | M40 | Tattenhall |  | 56s |
| 20 | W Sheridan | U20 | Deeside | 35m | 04s |
| 21 | M Welsh |  | Deeside |  | 07s |
| 22 | A Lanz | U20 | Meirionnydd |  | 08s |
| 23 | M Fortes |  | Eryri |  | 08s |
| 24 | S Eardley | M40 | C. Bay |  | 13s |
| 25 | D Jones | M40 | Eryri |  | 15s |
| 26 | A Williams | M40 | Eryri |  | 22s |
| 27 | J Garmson | M50 | Telford |  | 24s |
| 28 | J Griffith | U20 | C. Bay |  | 35s |
| 29 | C Jones | M40 | Eryri |  | 43s |
| 30 | R Edwards |  | Menai |  | 47s |
| 31 | G Jones | M55 | Prestatyn |  | 51s |
| 32 | L Bertrand | U20 | Bangor U |  | 59s |
| 33 | A Campbell |  | Tri Club | 36m | 01s |
| 34 | J Morris |  | Denbigh |  | 05s |
| 35 | A Clague | M45 | W.Cheshire |  | 07s |
| 36 | S Turk | M45 | Shrewsbury |  | 10s |
| 37 | S Weyts | U20 | Bangor U |  | 17s |
| 38 | A Slater |  | Telford |  | 18s |
| 39 | H Wharton |  | Cybi |  | 19s |
| 40 | D Gilbert | M45 | Buckley | 36m | 19s |
| 41 | G Jones | M55 | Shrewsbury |  | 20s |
| 42 | T Harding | U20 | C. Bay |  | 25s |
| 43 | E Davies | M45 | Buckley |  | 29s |
| 44 | A Lewis | M55 | Eryri |  | 35s |
| 45 | M Robbins | M50 | Wrexham |  | 40s |
| 46 | S Waters |  | Shrewsbury |  | 51s |
| 47 | M Blackwell | U20 | Deeside |  | 58s |
| 48 | S Ellis | M45 | Tattenhall | 37m | 12s |
| 49 | I Rowlands | M45 | Cybi |  | 33s |
| 50 | D Richards |  | Whitchurch |  | 37s |
| 51 | J Fleming |  | Denbigh |  | 40s |
| 52 | G Porter-Jones | M45 | Eryri |  | 41s |
| 53 | R Arden |  | Tattenhall |  | 54s |
| 54 | A Jones |  | Meirionnydd |  | 59s |
| 55 | J Moore | M45 | Eryri | 38m | 11s |
| 56 | K Francis | M45 | Shrewsbury |  | 14s |
| 57 | E Roberts | M50 | Eryri |  | 30s |
| 58 | R Lee | M50 | Abergele |  | 33s |
| 59 | N Jones |  | C. Bay |  | 36s |
| 60 | G Owens | M65 | Prestatyn |  | 44s |
| 61 | H Jones | M50 | Shrewsbury | 39m | 02s |
| 62 | M Whitehead |  | Denbigh |  | 03s |
| 63 | N Owen | M60 | Prestatyn |  | 09s |
| 64 | R Armstrong |  | Abergele |  | 11s |
| 65 | D Baugh | M50 | Denbigh |  | 12s |
| 66 | R Chambers |  | Tattenhall |  | 17s |
| 67 | M Mayers | M40 | Abergele |  | 22s |
| 68 | R Godwin | M45 | C. Bay |  | 23s |
| 69 | M Cortvriend | M60 | Denbigh |  | 27s |
| 70 | J Lambert |  | Oswestry |  | 40s |
| 71 | S Phillips | M40 | Whitchurch |  | 42s |
| 72 | N Holmes | M55 | Tattenhall |  | 56s |
| 73 | L Coathup | M60 | Buckley | 40m | 04s |
| 74 | J Roberts |  | C. Bay |  | 19s |
| 75 | M Williams | M50 | Cybi |  | 27s |
| 76 | M Austin |  | Buckley |  | 39s |
| 77 | R Hailey | M55 | Telford |  | 46s |
| 78 | S P Jones | M55 | Eryri |  | 52s |
| 79 | A Tomlinson |  | C. Bay |  | 56s |
| 80 | A Gannon | M45 | Menai | 41m | 01s |
| 81 | M Smith | M40 | Tattenhall |  | 13s |
| 82 | S Li Jones | M55 | Eryri |  | 18s |
| 83 | A Hughes | M45 | Meirionnydd |  | 18s |
| 84 | P Carter |  | Bangor U |  | 30s |
| 85 | K Challinor | M50 | Deeside |  | 32s |
| 86 | J Hancock | M60 | Oswestry | 41m | 36s |
| 87 | E Hughes |  | Meirionnydd |  | 40s |
| 88 | M Bicknall |  | C. Bay |  | 49s |
| 89 | P Ballinger | M55 | Denbigh |  | 52s |
| 90 | M Mason |  | Bangor U | 42m | 00s |
| 91 | E Harmer | M45 | Eryri |  | 07s |
| 92 | N Quinlan |  | Tattenhall |  | 17s |
| 93 | T Benton | M50 | Denbigh |  | 34s |
| 94 | A Yates | M50 | Telford |  | 42s |
| 95 | M Jones | M40 | C.Bay |  | 49s |
| 96 | P Brandrick | M55 | Prestatyn |  | 52s |
| 97 | C Higgins | M55 | Buckley | 43m | 04s |
| 98 | G Williams |  | Cybi |  | 08s |
| 99 | C Baldwin | M55 | Denbigh |  | 12s |
| 100 | R Cheetham | M45 | Prestatyn |  | 19s |
| 101 | G Williams | M50 | Cybi |  | 24s |
| 102 | J G Evans | M65 | Aberystwyth |  | 42s |
| 103 | I Taylor | M45 | C. Bay |  | 52s |
| 104 | E Edwards | M55 | Eryri |  | 56s |
| 105 | G White | M40 | Prestatyn |  | 59s |
| 106 | C Wakeman | M55 | Shrewsbury | 44m | 00s |
| 107 | D Hough | M60 | W.Cheshire |  | 02s |
| 108 | P Mitchell | M45 | Tri Club |  | 06s |
| 109 | M Wright | M45 | Clwydian |  | 10s |
| 110 | D Roderick | M60 | Deeside |  | 21s |
| 111 | V Pownall | M55 | Abergele |  | 35s |
| 112 | T Bancroft | M40 | Abergele |  | 44s |
| 113 | S McDonald |  | Eryri | 45m | 00s |
| 114 | D Jones | U20 | Meirionnydd |  | 24s |
| 115 | P English | M60 | Denbigh |  | 36s |
| 116 | I Mulligan | M50 | C. Bay |  | 54s |
| 117 | S Thomas-Spires | M40 | Wrexham | 46m | 01s |
| 118 | N Tatton | M45 | Telford |  | 04s |
| 119 | D Owen | M60 | Shrewsbury |  | 12s |
| 120 | A Egan | M65 | Wrexham |  | 36s |
| 121 | D Edwards | M55 | Abergele | 47m | 25s |
| 122 | D Wilde | M50 | Bridgnorth |  | 40s |
| 123 | J Morris | M65 | Buckley | 48m | 05s |
| 124 | S Hatfield | M65 | Prestatyn |  | 14s |
| 125 | J Walker |  | Whitchurch |  | 36s |
| 126 | N Alford | M55 | Bridgnorth |  | 50s |
| 127 | K Robbins | M60 | Whitchurch | 49m | 03s |
| 128 | D Fincham | M50 | Telford |  | 08s |
| 129 | I Rothery | M55 | Cybi | 50m | 11s |
| 130 | D Kirkby | M45 | Eryri | 51m | 05s |
| 131 | A Rowlands |  | Cybi |  | 24s |
| 132 | M Norris | M50 | Deestriders | 51m | 35s |
| 133 | S Parsons | M55 | Whitchurch | 52m | 36s |
| 134 | J Whitehead | M40 | Denbigh |  | 43s |
| 135 | A Jones | M55 | Cybi |  | 57s |
| 136 | R Mackey | M65 | Buckley | 55m | 34s |
| 137 | A Lucas | M65 | Abergele | 58m | 30s |

**TEAMS**

**DIVISION ONE**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Eryri Harriers | 108 | Pts |
| 2 | Deeside AAC | 128 | Pts |
| 3 | Shrewsbury AAC | 243 | Pts |
| 4 | Telford AAC | 258 | Pts |
| 5 | Tattenhall Runners | 273 | Pts |
| 6 | Meirionnydd RC | 369 | Pts |
| 7 | Oswestry Olympians AAC | 472 | Pts |
| 8 | Wrexham AAC | 732 | Pts |

**DIVISION TWO**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Bangor University AAC | 169 | Pts |
| 2 | Colwyn Bay AAC | 295 | Pts |
| 3 | Buckley RC | 343 | Pts |
| 4 | Denbigh Harriers | 370 | Pts |
| 5 | Prestatyn RC | 455 | Pts |
| 6 | Cycbi Striders | 493 | Pts |
| 7 | Abergele Harriers | 533 | Pts |
| 8 | Menai T+F | 573 | Pts |
| 9 | West Cheshire AAC | 610 | Pts |
| 10 | Whitchurch Whippets | 656 | Pts |
| 11 | Wrecsam Tri Club | 741 | Pts |
| 12 | Bridgnorth AAC | 848 | Pts |
| 13 | Aberystwyth AAC | 852 | Pts |
| 14 | Clwydian Range Runners | 859 | Pts |
| 15 | Deestriders AAC | 882 | Pts |

**MALE MASTERS TEAMS**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Eryri Harriers | 28 | Pts |
| 2 | Buckley RC | 36 | Pts |
| 3 | Shrewsbury AAC | 54 | Pts |
| 4 | Tattenhall Runners | 61 | Pts |
| 5 | Prestatyn RC | 68 | Pts |
| 6 | Colwyn Bay AAC | 89 | Pts |
| 7 | Telford AAC | 97 | Pts |
| 8 | Denbigh Harriers | 109 | Pts |
| 9 | Cybi Striders | 113 | Pts |
| 10 | Abergele Harriers | 122 | Pts |
| 11 | Wrexham AAC | 160 | Pts |
| 12 | Whitchurch Whippets | 195 | Pts |

**MEN OVER 70**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | E Davies | M70 | Eryri | 23m | 40s |
| 2 | D Hughes | M70 | Prestatyn | 26m | 58s |
| 3 | D Williams | M70 | Eryri | 27m | 09s |
| 4 | J J Thomas | M70 | Buckley | 28m | 26s |
| 5 | M H Edwards | M70 | Wrexham |  | 36s |
| 6 | R Walters | M70 | Bridgnorth | 34m | 12s |
| 7 | B Forster | M80 | Wrexham | 36m | 20s |

**MEN UNDER 17**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | I Hughes | Menai | 17m | 15s |
| 2 | T Henry | Deeside | 19m | 47s |
| 3 | J Parry | C. Bay | 20m | 43s |
| 4 | D Cunningham | C. Bay | 23m | 05s |
| 5 | B Harris | Prestatyn |  | 21s |

**SENIOR WOMEN**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | G Garner | U20 | C. Bay | 18m | 43s |
| 2 | C Martin | W35 | Telford | 19m | 00s |
| 3 | D Williams |  | Menai | 19m | 43s |
| 4 | S Caskey |  | Bangor U |  | 53s |
| 5 | L Davis | U17 | Deeside | 20m | 11s |
| 6 | L Wright | W45 | Wrexham |  | 29s |
| 7 | M Davies | U17 | Menai |  | 30s |
| 8 | A Rowlands | W35 | Eryri |  | 54s |
| 9 | B Taylor |  | Bangor U |  | 56s |
| 10 | H Davies | W45 | Tri Club | 21m | 17s |
| 11 | M Clarke | W40 | Telford |  | 31s |
| 12 | S Mackness |  | Telford |  | 35s |
| 13 | H MacArthur | W45 | C. Bay | 22m | 03s |
| 14 | B Law |  | Eryri |  | 13s |
| 15 | D Sanders | W45 | Telford |  | 16s |
| 16 | L Morley | W40 | Wrexham |  | 25s |
| 17 | A Backshall | U17 | C. Bay | 23m | 06s |
| 18 | D Urquhart | W40 | Buckley |  | 19s |
| 19 | L Hughes |  | Prestatyn |  | 22s |
| 20 | M Hughes |  | Eryri |  | 29s |
| 21 | J Moore | W40 | Eryri |  | 38s |
| 22 | Y Hill | W50 | Oswestry |  | 41s |
| 23 | J Harndon | W35 | Wrexham |  | 43s |
| 24 | P Hughes | U17 | Oswestry |  | 52s |
| 25 | A Tickner | W45 | Oswestry |  | 52s |
| 26 | S Rowlands | W45 | Eryri | 24m | 02s |
| 27 | B Jenkinson | U17 | Eryri |  | 10s |
| 28 | V Whitehead | W40 | Denbigh |  | 12s |
| 29 | E Salisbury | W50 | Eryri |  | 14s |
| 30 | K Norgrove | W45 | Tri Club |  | 19s |
| 31 | E New | U17 | C. Bay |  | 21s |
| 32 | A Curran |  | Tattenhall |  | 24s |
| 33 | J Penrhyn Jones | W50 | Prestatyn |  | 25s |
| 34 | F Higgins | W40 | Buckley |  | 25s |
| 35 | S Tatton | U20 | Telford |  | 44s |
| 36 | H Turner |  | Eryri |  | 50s |
| 37 | B Tiedtke | W50 | Prestatyn |  | 52s |
| 38 | C Willgoose | W55 | Abergele |  | 54s |
| 39 | J Lindley | W45 | Buckley |  | 55s |
| 40 | A Whitelaw | W55 | Wrexham | 25m | 07s |
| 41 | J Edwards | W50 | Meirionnydd |  | 21s |
| 42 | G Waring | W55 | Prestatyn |  | 30s |
| 43 | S Clayton | W45 | Telford |  | 37s |
| 44 | C Birch | W65 | Aberele |  | 43s |
| 45 | A Williams | W40 | Buckley | 26m | 02s |
| 46 | L Griffith | W40 | C. Bay |  | 13s |
| 47 | H Blair | W40 | Eryri |  | 15s |
| 48 | S Greaves | W55 | Oswestry |  | 16s |
| 49 | S Quinlan | W35 | Tattenhall |  | 21s |
| 50 | A Cheetham | U20 | Prestatyn |  | 24s |
| 51 | M Jeal | W50 | Denbigh |  | 33s |
| 52 | J Lewis | W40 | Prestatyn |  | 41s |
| 53 | T Fretwell | W40 | Eryri |  | 41s |
| 54 | L Curtis | W35 | Abergele |  | 42s |
| 55 | M Docking | W60 | Wrexham |  | 53s |
| 56 | B Ward | W60 | Oswestry | 27m | 07s |
| 57 | G Williams |  | Eryri |  | 32s |
| 58 | H Ashworth |  | Prestatyn | 28m | 07s |
| 59 | J Chambers | W35 | Tattenhall |  | 38s |
| 60 | M Oliver | W65 | Eryri |  | 40s |
| 61 | R Roberts |  | Menai |  | 49s |
| 62 | C Gates | W45 | Wrexham |  | 49s |
| 63 | G Hart | W40 | Tattenhall | 29m | 10s |
| 64 | A Brown | W35 | Denbigh |  | 14s |
| 65 | C Gadsby |  | Prestatyn |  | 26s |
| 66 | M Evans | W45 | B. Dysynni |  | 30s |
| 67 | B Jones | W70 | B. Dysynni |  | 39s |
| 68 | V Edwards | W55 | Menai |  | 53s |
| 69 | D Plamperona |  | Abergele | 30m | 13s |
| 70 | G Csizmadia | W50 | Wrexham |  | 34s |
| 71 | S Jones | W50 | Cybi | 31m | 56s |
| 72 | L Miles | U20 | Prestatyn | 32m | 08s |
| 73 | C Jones | W45 | Prestatyn |  | 35s |
| 74 | Y Marconi-Nolan | W60 | B. Dysynni | 33m | 25s |
| 75 | A Byrne | W55 | Shrewsbury |  | 47s |
| 76 | E Jones |  | Cybi | 34m | 02s |
| 77 | S McIndo | W45 | Deestriders |  | 08s |
| 78 | B Goodson | W40 | Deestriders |  | 40s |
| 79 | S Williams | W45 | Cybi | 35m | 00s |
| 80 | R Morrell | W55 | Denbigh |  | 19s |
| 81 | S Richards | W60 | Shrewsbury |  | 31s |
| 82 | M Singleton | W70 | C. Bay |  | 52s |

**TEAMS**

**DIVISION ONE**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Telford AAC | 40 | Pts |
| 2 | Colwyn Bay AAC | 62 | Pts |
| 3 | Eryri Harriers | 63 | Pts |
| 4 | Wrexham AAC | 85 | Pts |
| 5 | Oswestry Olympians AAC | 119 | Pts |
| 6 | Buckley RC | 136 | Pts |
| 7 | Denbigh Harriers | 223 | Pts |

**DIVISION TWO**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Menai T+F | 71 | Pts |
| 2 | Prestatyn RC | 89 | Pts |
| 3 | Bangor University AAC | 113 | Pts |
| 4 | Abergele Harriers | 136 | Pts |
| 5 | Tattenhall Runners | 140 | Pts |
| 6 | Wrecsam Tri Club | 140 | Pts |
| 7 | Deeside AAC | 205 | Pts |
| 8 | Bro Dysynni AAC | 207 | Pts |
| 9 | Cybi Striders | 226 | Pts |
| 10 | Meirionnydd RC | 241 | Pts |
| 11 | Deestriders AAC | 255 | Pts |
| 12 | Shrewsbury AAC | 256 | Pts |

**LADY MASTER TEAMS**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Telford AAC | 13 | Pts |
| 2 | Wrexham AAC | 22 | Pts |
| 3 | Eryri Harriers | 27 | Pts |
| 4 | Buckley RC | 50 | Pts |
| 5 | Oswestry Olympians AAC | 56 | Pts |
| 6 | Prestatyn RC | 63 | Pts |
| 7 | Abergele Harriers | 84 | Pts |
| 8 | Colwyn Bay AAC | 90 | Pts |
| 9 | Denbigh Harriers | 91 | Pts |
| 10 | Tattenhall Runners | 113 | Pts |
| 11 | Bro Dysynni AAC | 139 | Pts |

A good start to the new winter season – perfect weather and our thanks to Maggie Oliver and everyone at Eryri Harriers for their efforts to ensure everything went according to plan.

The second meeting will be held at St David’s College, Llandudno, LL30 1RD on Saturday, October 19th, 2013 – take the turning towards Llandudno off junction 19 on the A55 and follow the A470 over three roundabouts with the venue signposted to your right.

Thanks to the clubs who have paid their £50 membership fees – PLEASE remember they are due by the day of the second meeting.

PLEASE also be aware that the third meeting on Saturday November 23rd, 2013 will now be held at Ysgol Morgan Llwyd, Wrexham, LL13 9NG, and not Glyndwr University, Northop.